

# The Senior Profile



**Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008**  
**Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM**

**Closed Tuesday, January 1<sup>st</sup> for New Year's Day**

**Closed Monday, January 21<sup>st</sup> for Martin Luther King Day**

**Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: [COA@freetownma.gov](mailto:COA@freetownma.gov)**

**The distribution of this newsletter is made possible (in whole or part)**

**By a grant from the Massachusetts Executive Office of Elder Affairs**

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**The Council on Aging's** purpose is to help and serve seniors. There is no membership.  
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

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## Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM,

30 minute class, \$3.00 Donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes balance and body weight exercise. Some seated some standing, for weight bearing-important, for bone strength.

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## Coffee & Muffins

No Muffins January 7<sup>th</sup>

Mondays at 10:00 AM

Come on in to the senior center and have a cup of coffee or tea and some fresh and delicious muffins. All are welcome. Please let us know by the Friday before if you will be attending so we can have enough muffins on hand. Thanks!!



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## Meat Bingo Game

Wednesday, January 16<sup>th</sup>, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, January 11<sup>th</sup>**, win a Bingo; you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

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## Inclement Weather

Please note, if the schools are closed due to bad weather, our van will not run.

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## Freetown Senior Birthday Party

On Thursday, January 10<sup>th</sup>, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is lasagna, salad and garlic/cheesy bread. RSVP and \$6.00 due by Thursday, January 3<sup>rd</sup>

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## Fuel Assistance

Please call the COA when you receive your application to make an appointment.

**Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.**

**UP TO: \$35,510 \$46,437 \$57,363 \$68,289**

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

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## \*\*GOLD\*\*SILVER\*\*PLATINUM\*\*

Marc Folco will not be at the senior center until February. If you have any type of precious metals, jewelry, silverware, etc., please call the COA and we will contact him. A portion of the proceeds will be donated to the senior center.

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## Cyd's Lunch: Tuesdays at 11:30 AM

January 29<sup>th</sup>-Salisbury Steak

RSVP and \$7.00 due by January 22<sup>nd</sup>

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**WE ARE CLOSED TUESDAY, JANUARY 1<sup>ST</sup>  
FOR NEW YEAR'S DAY AND MONDAY,  
JANUARY 21<sup>ST</sup> FOR MARTIN LUTHER KING  
DAY**



### SHINE Counselor

Serving the Health Insurance Needs of Everyone  
Please call their regional office at 508-222-1399 for an appointment and/or any questions.

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### Senator and Representatives

Representative Paul Schmid will be here Monday, January 7<sup>th</sup> from 10:30 AM to 11:30 AM  
Senator Michael Rodrigues will be here Wednesday, January 23<sup>rd</sup> from 9:30 AM to 11:30 AM  
Representative Carole Fiola will be here Monday, February 4<sup>th</sup> from 10:00 AM to 11:00 AM

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### Pool Table

Mondays, 9:00 AM

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### Seated Massage

Mondays, 9:30 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes.

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### Knitting and Crocheting Club

No Knitting and Crocheting January 7<sup>th</sup>  
Mondays, 10:00 AM to 12:00 PM,  
Bring your own supplies. Please call the Senior Center if you would like to attend.

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### Card Games-Pitch

Wednesdays, January 2<sup>nd</sup> and 9<sup>th</sup>  
Mondays, 14<sup>th</sup> and 28<sup>th</sup>  
1:00 PM to 3:00 PM

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### BINGO

#### NO Bingo January 8<sup>th</sup>

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play.

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### Painting Class

Painting...Drawing...Mixed Media...Art Classes  
Wednesdays, 9:00 AM to 11:30 AM.  
Artists of all abilities and interests are welcome!  
Come and give it a try...it's never too late to learn some new tricks!

*Submitted by Betty Ashley*

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### Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW  
Lessons \$2.00 per person, all ages are welcome.

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### Parkinson's Support Group

Our next meeting will be held on Thursday, January 10<sup>th</sup>, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

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### Blood Pressure

Wednesday, January 23, 10:30 AM

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### Scrabble

Thursdays, 12:30 PM

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### The Freetown Senior Club

Thursday, January 3<sup>rd</sup> at 12:00 PM

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### Yoga

Fridays, 10:00 AM, using a mat  
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

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### Kanakis Produce

Discount on Fruit and Vegetables  
Fridays, 10:30 AM

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### Podiatrist

The Foot Doctor will be here Monday, February 4<sup>th</sup> at 10:00 AM and Thursday, February 21<sup>st</sup> at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

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### Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

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### VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

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### Country Travelers Trips in 2018

**April 10-12, 2019:** Turning Stone Resort Casino, Verona, NY, \$290 Dbl, \$450 Sgl, details closer to trip  
**April 27, 2019:** Day trip to New York City \$50.00 PP  
Details closer to trip.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. All prices quoted include drivers' gratuity as well as step on tour guides, provided on some trips. Any info and/or to schedule a trip, please call Veronica Beaulieu at 508-636-4889. Schedule subject to changes and modifications.

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*Submitted by Judy Emond*





### **Tea Time!**

Enjoy a tantalizing variety of teas, sweets and savory tidbits. Bring warm lively conversation to your creatively embellished table. Thursday, January 31<sup>st</sup> at 11:00 AM, Please RSVP by Thursday, January 24<sup>th</sup>

#### **Brown Bag” Program**

**Wednesday, January 23<sup>rd</sup>**

**From 10:30 AM to 12:00 PM**

**At the front of the building**

“**Brown Bag**” distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

- 1 person            \$1,872 per month**
- 2 people            \$2,538 per month**
- 3 people            \$3,204 per month**
- 4 people            \$3,870 per month**

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

#### **Compassionate Care Hospice** **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient’s family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: [Michael.Freilich@cchnet.net](mailto:Michael.Freilich@cchnet.net).

We are looking forward to hearing from you!

*Submitted by Michael Freilich*



### **USDA CAN HELP REPAIR YOUR HOME** **RURAL DEVELOPMENT**

**Home Improvement & Repair Loans and Grants (Section 504)** are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

**Purpose:** The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

#### **→504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

#### **→504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

**1 \$25,600    2 \$29,250    3 \$32,900    4 \$36,600**

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at [www.rurdev.usda.gov/ma](http://www.rurdev.usda.gov/ma)



**FREETOWN COUNCIL ON AGING**  
227 CHACE ROAD  
EAST FREETOWN, MA 02717-1008  
ADDRESS SERVICE REQUESTED

PRESORT STD.  
US POSTAGE  
**PAID**  
PERMIT #PI 112  
ROCHESTER, MA 02770

**STAFF AND BOARD MEMBERS:**

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Rosemary Haley, Senior Clerk, Editor

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Robin L. Kendrick

**Van Drivers:**

Judy A. Reese  
Vincent T. D'Oliveira  
John E. Pye, Jr.  
Donna M. Silva

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**Lakeville Arts and Crafts Trips**

Here are some trips from the Lakeville COA. If you need further information please call the Freetown COA-we have flyers-or Lori at Lakeville COA-508-947-7224.

**January 23-24, 2019,** Wednesday to Thursday, Foxwoods Getaway (With Mohegan Sun visit) \$159 PP/DBL, \$199 SGL, \$139 PP/TRPL, we have a flyer at the senior center if you are interested!



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**Director's Note**

**Hope your Christmas was memorable, Happy New Year!**

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit [www.freetownma.gov](http://www.freetownma.gov).

